



BLUE HERON

Hot Kitchen

Available Daily from 11am - 7pm

Chicken Wings 	\$18	Blue Heron Burger 	\$22
Tossed in your choice of Hot, BBQ, Lemon Pepper, Salt & Pepper or Sweet Chili. Served with blue cheese dip		CAB beef, burger sauce, lettuce, tomato, pickles, cheddar cheese, smoked bacon, served on a soft brioche bun & comes with fries	
Chicken & Pickles	\$17	Beef Dip 	\$23
Crispy battered chicken tossed in a sweet chili sauce, topped with pickles & served with peppercorn ranch		Mustard & coffee spiced beef roast, horseradish aioli, mozzarella cheese, crispy onions, soft pretzel baguette, served with au jus & fries	
Add On: Rice: \$3 / Cucumber \$2		Pulled Pork Sandwich	\$21
Dim Sum	\$17	8hr braised pork, housemade BBQ sauce, soft brioche bun, provolone cheese, crispy onions. Served with fries	
Shrimp dumplings, pork bao, pork siu mai. Served with soy sauce & sriracha		Truffle Mushroom Ravioli 	\$24
Poutine	\$12	Housemade alfredo sauce, roasted mushrooms, parmesan cheese, fresh herbs. Served with focaccia bread	
Hand-cut Kennebec potato, local cheese curds & house made gravy		Steak Frites 	\$27
Add On: Pulled Pork \$4/ Bacon \$3/ Tomato \$3		8oz CAB top sirloin, hand cut Kennebec fries, honey glazed carrots, served with gravy or alfredo sauce	
½ Tray Nachos  	\$18	Teriyaki Rice Bowl  	\$25
Tri-color tortilla chips, cheddar & mozzarella cheese, grape tomatoes, fresh jalapenos, green onions. Served with salsa & sour cream.		Coconut jasmine rice, peppers, sui choy, mushrooms, carrots, chipotle aioli, edamame beans, green onion, watermelon radish, sesame seeds. Choose between Chicken or Tofu	
Add On: Pulled Pork \$4/ Cheese \$3/ Ground Beef \$6		Add: Chicken \$6/ Tofu \$4/ Steak \$7	
Potstickers  **New!	\$14	Classic Caesar Salad  	\$14
Seared vegetable dumplings, ponzu sauce, taro root chips & watermelon radish		Crisp romaine hearts, creamy caesar dressing, parmesan cheese & artisan croutons	
Pretzel Bites  **New!	\$10	Quinoa Power Salad  	\$15
Soft warm mini pretzels, dill mustard sauce, tossed in a herb butter & kosher salt		Red & white quinoa, avocado, grape tomatoes, cranberries, goat cheese, mixed greens, pumpkin seeds & maple paprika dressing	
Mortadella Quesadilla **New!	\$13	Chopped Chicken Salad 	\$21
Cheddar cheese, pesto, cranberries. Served with pesto aioli & taro chips		Crispy or Grilled chicken, avocado, grape tomatoes, crisp romaine & iceberg lettuce, cucumber, bacon, ranch dressing & crispy onions	
Chicken Tenders	\$18	New Years Resolution Bowl   **New!	\$16
Crispy battered chicken, hand-cut Kennebec potato & honey mustard dipping sauce		Quinoa, apple & watermelon radish slaw, cilantro avocado dressing, winter greens, carrots, edamame beans, grape tomatoes, feta & cucumber	
Wonton Soup	\$16		
Handmade pork dumplings, rich sesame broth, carrots, sui choy & green onions			

All-Day Breakfast

Classic Eggs 	\$17	Waffles	\$18
2 eggs any style, Multigrain or Sourdough toast, homestyle potatoes & your choice of Bacon, Ham or Sausage. Served with homestyle potatoes		Belgian style waffle, whipped cream, maple syrup, berry compote. Served with Bacon, Ham or Sausage	

Available **Gluten Free**  **Gluten Free**  **Vegetarian** 

PLEASE ADVISE YOUR SERVER OF ANY DIETARY CONCERNS OR REQUESTS
ALL APPLICABLE TAXES & GRATUITY ARE NOT INCLUDED



BLUE HERON

From the Case

Available Daily from 9am- 7pm

Pesto Chicken Sandwich 	\$17	Truffle Mushroom Flatbread  	\$20
Marinated grilled chicken, pesto aioli, arugula, tomato, smoked bacon, brie cheese, served on a ciabatta baguette		Goat cheese, confit garlic, fior di latte, roasted mushroom, honey, truffle oil & fresh herbs	
Roasted Turkey Sandwich 	\$12	Mortadella Flatbread 	\$22
Oven roasted turkey, cranberry aioli, mixed greens, roma tomato, cheddar cheese, served on a fresh baked croissant		Pesto aioli, fior di latte cheese, olive oil, arugula & crushed pistachios	
Prosciutto & Fig Sandwich 	\$15	Italian Flatbread 	\$23
Thinly sliced prosciutto, fig spread, arugula, provolone cheese, roma tomato, served on a ciabatta baguette		Rich marinara sauce, calabrese, prosciutto, fior di latte, roasted garlic, sesame seeds, chili honey & fresh herbs	
Philly Cheesesteak Sandwich 	\$18	Feature Flatbread	\$22
Top Sirloin Steak, Montreal steak spiced, caramelized onions, banana peppers, provolone cheese, served on a soft pretzel baguette		Ask your server what the feature flatbread is today	
Feature Sandwich	\$15	Charcuterie Board 	\$15
Ask your server what the feature sandwich is today		Assorted local cheese, cured meats, pickled veg, crackers, mustard & fig spread	
Soup of the Day	\$10	Breakfast Sandwich 	\$7.5
Chef's daily creation, served with focaccia, please ask your server		English muffin, fried egg, cheddar cheese. Your choice between Smoked Bacon or Sausage Patty	
		Breakfast Wrap	\$13
		Flour tortilla, bacon, scrambled eggs, cheddar cheese, chipotle aioli, hashbrowns, served with salsa	

Quick Bites

Daily Quiche 	\$12	Fresh Baked Muffins 	\$4
Spinach, Red Pepper & Goat Cheese or Asiago & Asparagus		Assorted daily muffins. Ask your server for what is available today!	
Spicy Sausage Roll	\$4	Chicken Samosa	\$7
Pork Sausage wrapped in a puff pastry & topped with Montreal spice blend		Chicken, potato, spices in a puff pastry wrap & served with mango chutney	
House Made Scones 	\$4	Egg Bites x2  	\$4
Ask your server for the daily flavors		Made in house soft egg bites with cheddar cheese, served with salsa	
Fresh Baked Cookies 	\$3	Macaroons 	\$3.5
Assorted daily cookies. Ask your server for what is available today!		Choice of salted butter caramel, chocolate or pistachio- white chocolate	

Desserts

Sticky Toffee Pudding \$10	Chocolate Budino  **New! \$9
Warm toffee cake topped with salted caramel, icing sugar & whipped cream	Rich chocolate mousse, icing sugar & shaved dark chocolate

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